

## Involving 13-14 Year-Old Athletes in Athletics

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**Abstract:** This article presents our theoretical views on how to interest and select students in the athletics section.

**Keywords:** Athletics, student, young athlete, coach.

Physical education and sports play an important role in the development of the young generation to be physically healthy and mentally mature. The attention to the development of physical culture and sports in our country has risen to the level of state policy. The laws and decisions adopted in this regard pave the way for the development of physical culture and sports. Law of the Republic of Uzbekistan No. URQ-394 of September 15, 2015 "On Physical Culture and Sports"[1], Resolution of the President of the Republic of Uzbekistan dated June 3, 2017 No PQ-3031 "On measures for further development of physical culture and mass sports"[2] and Paragraph 2 of the Resolution of the President of the Republic of Uzbekistan dated October 30, 2020 No. PF-6099 "On measures for the widespread implementation of a healthy lifestyle and further development of mass sports" reads as follows: "In the development of mass sports and the promotion of a healthy lifestyle among the population - walking, running, mini-football, cycling, badminton, streetball, Workout (neighborhood and street fitness) should be identified as priority sports"[3]. Athletics is one of the most popular sports in the world. Athletics is one of the oldest and most popular sports. The history of athletics dates back to ancient times. People have known that walking, running, jumping and throwing have been used in work and in everyday life since ancient times. Our great ancestor Amir Temur also regularly used athletics, cross-country running, cross-country shooting, javelin throwing, stone-throwing and hurdle-jumping exercises to train his troops to be physically strong, agile and resilient[4]. Early specialization of young athletes in a wide range of special and general developmental exercises is used to achieve high sportsmanship in various sports, including athletics.

However, there are a number of shortcomings in the system of training young athletes, one of which is the lack of good basic general physical training of young athletes. In addition, practice shows that in the early stages of sports training is always the right choice for children and adolescents to successfully participate in competitions in a certain type of systematic intensive training and athletics does not work. Improper sports orientation of children and adolescents leads to great losses, damages the child's psyche, does not allow to improve the quality of the training process. It is known that the identification of individuals who are able to show high sports results in the chosen sport consists of many long-term stages (several years) in order to determine the ability to specialize.

There are a number of studies on sports selection and prediction. The organization of specialized sports selection services can help to create different technologies for its implementation. In recent years, there has been a growing trend to look for new methodological approaches to diagnosing athletic talent so that an athlete's achievements can be sufficiently effectively predicted. Tests are increasingly being used in the selection process[5].

It gives coaches an objective assessment of various aspects of training young athletes and helps them draw positive conclusions. To increase the effectiveness of sports training, it is advisable for coaches to work in a team approach with physical education teachers in secondary schools, who in turn will deliver gifted children to youth and sports school departments.

Nowadays, it is very difficult to attract, interest and choose children in athletics, so many coaches think about how to choose.

Selection in any sport is a multifaceted problem that affects many aspects - social, pedagogical, physiological, psychological.

Sports selection is an independent type of social activity that involves the organized search for gifted children and adolescents from a sports perspective.

It is well-known that the effectiveness of sports depends in many respects on the skillful choice of means and methods of physical education of children. However, there is no consensus on this issue. In many manuals, the methodology of primary education is presented in the form of general rules.

An important part of the training methodology is the optimal regulation of physical activity according to their age, gender and physical fitness.

First and foremost, a coach working with young athletes needs to know a lot: physiology, pedagogy, anatomy and biomechanics, understanding the functional properties of the growing organism, understanding the delicate and fragile psychology of the child and using it delicately. The ideas of coaches who work with children and adolescents from the experience of training with older athletes are very effective in training. Ensures rapid growth of competitive performance. However, in this case, a solid foundation of readiness is not formed.

There are a number of different opinions about the means and methods of physical training of young athletes: some authors believe that different sports and outdoor games should be used in the training of children.

Others recommend the use of various sports as a means of general physical training. Others recommend that you include a number of general developmental exercises in conjunction with classroom games. These conflicting views indicate that a single program to use the tools and methods of initial training of young athletes has not yet been developed.

An important aspect of the training program for young athletes is to take into account the age characteristics of the participants, the biological and age compatibility in the analysis of the child's maturity.

The basics of athletic training, developed by experts, recommend a multi-faceted physical training before starting specialized training in the chosen type of athletics.

A set of general developmental exercises that are well-chosen and effective can serve the purpose of the core training. They serve as a means of improving the overall performance of body systems, provide the development of strength, speed, endurance, increase mobility in the joints, improve the ability to coordinate movements.

Analysis of the content of standard programs of some types of athletics in children and youth sports schools, in particular, jumping and running, shows that the share of general physical training is 50-55%, special physical training - 15-20%[7].

Numerous studies have shown that comprehensive training is most effective in the early stages of sports. Therefore, when training with teenagers, in addition to teaching them sports techniques, it is necessary to develop physical qualities using a variety of means and methods of physical education. The level of training of an athlete should increase from year to year, but, of course, to a certain extent. However, it is not possible to set clear age limits for its growth. Because the individual characteristics of athletes, living conditions, the level of natural and scientific security of the training process, the condition of the training venue, sports equipment

and facilities are very important[8].

In our opinion, such a ratio does not help to form a solid foundation of general physical fitness and does not lay the foundation for a successful career in the future.

The ever-increasing results in modern sports, which amaze even experts with their fantasy, have intensified the competition between coaches and athletes in the fight for victory[6].

Coaches are constantly looking for new techniques, methods of training, attracting experts in the field of related and seemingly long-term activities. Doctors, physiologists, biochemists, engineers, cybernetics and statisticians are helping coaches and athletes fight for supremacy on world sports arenas today.

In conclusion, in order to achieve high-level athletic results, we need to involve children in athletics from an early age.

Many coaches choose their students based on their experience and intuition. Coaching experience and intuition can do a good job, but that doesn't always solve selection problems. In this regard, the large number of students in sports schools is due to the fact that the personal results of long-term students have not grown, as there are a number of mistakes in the training of young athletes. with their mentors, as well as planning and implementing a long-term learning process.

One of the main reasons young athletes lose so much is because of compulsion. Coaches who work with children in sports and youth sports schools are often interested in instant results, success, because they need graduates - first-class, winners, prize-winners.

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